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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
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These menus and recipes coincide with those listed in the leaflet, "The family's food at low cost." No definite cost can be given for them since food prices vary from season to season in different sections of the United States.

LOW-COST MENUS AND RECIPES

Sunday

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Orange or tomato juice (for children)	Rice and meat loaf Baked potatoes	Cream of pea soup Omelet
Cracked wheat porridge	Carrots	Bread - Butter
Top milk - Sugar Bread - Butter	Bread - Butter Milk	Tea - Milk
Coffee - Milk	Raisin bread pudding	

Cracked Wheat Porridge

1/4 cup cracked wheat 1 teaspoon salt
4 cups boiling water

Stir the wheat into the boiling salted water. Place in double boiler and cook for about 30 minutes.

Rice and Meat Loaf

1/4 cup rice	1 small onion, finely chopped
1/4 cup bread crumbs	1 teaspoon salt
3/4 pound ground meat	Pepper

Boil the rice until tender, and drain. Mix all the ingredients thoroughly with the hands. Bake the loaf in a moderate oven for about 1 hour.

Raisin Bread Pudding

2 cups small pieces dry bread	2 tablespoons sugar
2 cups hot milk	1/4 cup raisins
1 egg	

Soak the bread in the hot milk. Add the beaten egg, sugar, and raisins. Pour into a greased baking dish and bake in a moderate oven until lightly browned.

Pea or Bean Soup

1 cup dried peas or beans	1 tablespoon fat
1 small onion, sliced	1 tablespoon flour
1 pint water	Salt and pepper
3 cups milk	

Soak the peas or beans overnight in the water. Add the onion, cook in

the same water until very soft, and mash through a sieve. Add the milk and enough water to make at least a quart. Mix the fat and flour, add a little of the hot soup, and stir until smooth. Add the remaining soup, and salt and pepper to season. Heat to the boiling point, cook in the double boiler about 10 minutes, and serve hot.

Omelet

Separate the yolks and whites of 4 eggs and beat them well. To the yolks add 4 tablespoons milk, then fold in the whites with 1/4 teaspoon salt until well blended. Melt 1/2 teaspoon fat in a heavy skillet and pour in the omelet, cover, and cook over a low heat until lightly browned. When set, fold it over with a knife, and roll it onto a hot platter.

Monday

Breakfast

Stewed prunes
Oatmeal
Top milk - Sugar
Toast - Butter
Coffee - Milk

Dinner

Creamed rice soup
Fish with macaroni
Vegetable slaw
(Five-minute cabbage for children)
Bread - Butter
Oatmeal cookies

Supper

Vegetable chowder
Corn bread - Butter
Tea - Milk

Creamed Rice Soup

1/4 cup rice
2 cups water
1 tablespoon fat
1 tablespoon flour

2 cups milk
Salt to taste
1 tablespoon chopped parsley

Wash and cook the rice in boiling salted water until tender. Make a sauce of the fat, flour, and milk. Add the boiled rice and water, salt to taste, and the chopped parsley. Serve hot.

Fish with Macaroni

1/2 pound dried herring
1-1/2 cups macaroni broken
into short pieces

1 tablespoon fat
1 tablespoon flour
1 cup milk
1 hard-cooked egg, chopped

Wash the fish and soak in water to cover for several hours. Simmer in fresh water until tender. Skin and remove the bones from the fish and flake with a fork. Cook the macaroni in slightly salted boiling water until tender and drain. Make a sauce of the fat, flour, and milk, mix with the fish and macaroni, and cook for a few minutes. Serve hot with the hard-cooked egg sprinkled over the top.

Vegetable Slaw

1-1/2 cups shredded cabbage	2 teaspoons oil
2 tablespoons grated raw carrot	1 teaspoon salt
1 tablespoon minced onion	Dash of paprika
4 teaspoons vinegar	

Mix the seasonings thoroughly, pour over the vegetables, and stir. Chill before serving.

Five-Minute Cabbage

1-1/2 cups shredded cabbage	2 teaspoons flour
1 cup milk	Salt
2 teaspoons butter	

Cook the cabbage for 2 minutes in the milk, over direct heat. Blend the butter and flour; pour in some of the hot milk, stir until smooth, and add to the remaining milk and cabbage. Season with salt and cook over water for 3 or 4 minutes.

Oatmeal Cookies

1-1/2 cups flour	1/4 cup melted fat
3/4 teaspoon salt	1/2 cup chopped raisins
1/2 teaspoon cinnamon	1-1/2 cups oatmeal
1/2 teaspoon soda	1 egg
3/4 cup sugar	7 tablespoons milk

Sift the flour, salt, cinnamon, and soda. Mix the sugar with the fat and the raisins with the oatmeal. Put all of these ingredients together and add the beaten egg and the milk. Stir until well mixed. Drop by teaspoonfuls on greased pans, about 2 inches apart. Bake in a moderately hot oven from 10 to 12 minutes or until lightly browned. This recipe makes about 3 dozen cookies.

Vegetable Chowder

1/2 pound cabbage	1 onion
1/2 pound carrots	Soup celery
1-1/2 pounds potatoes	3 cups milk

Prepare vegetables and cut them into small pieces. Cook together in a small quantity of boiling salted water until tender. Add milk, salt, and pepper, and serve hot.

Corn Bread

2 cups corn meal	2 cups sour milk
2 teaspoons salt	2 eggs
1 teaspoon soda	2 tablespoons fat
2 teaspoons baking powder	

Sift the dry ingredients. Add the milk, the well-beaten eggs, and the melted fat. Pour into a very hot, well-greased pan. Bake from 40 to 50 minutes in a moderately hot oven.

Aug 10 1944

Tuesday

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Cracked wheat porridge	Corned beef hash	Bean soup (cereal for baby)
Top milk - Sugar	Soft-cooked eggs	Cottage cheese and date salad
Toast - Butter	(for children)	with French dressing
Coffee - Milk	Beets	Bread - Butter
	Bread - Butter	Tea - Milk
	Milk	Fruit cup
	Apple shortcake	

Corned Beef Hash

1/2 pound cooked corned beef
6 boiled potatoes, skinned

1 onion
Dash of cayenne

Put ingredients through the meat grinder, and mix thoroughly. Pat the hash in a lightly greased skillet in an even layer and cook over a low heat until a golden brown crust is formed. When brown place a pan or lid over the skillet and turn the hash out so the browned side is on top. Slip the uncooked side in the skillet, and brown. Turn out onto a plate, and serve hot.

Apple Shortcake

1 cup sifted flour
1/2 teaspoon salt
2 teaspoons baking powder
2 tablespoons fat

1/2 cup milk
3/4 pound apples
2 tablespoons sugar
1/2 teaspoon cinnamon

Sift the flour, salt, and baking powder. Cut in the fat with a biscuit cutter, and stir in the milk. Spread the dough in a greased baking pan. Core, pare, and slice the apples, and arrange in parallel rows on the dough. Sprinkle with the mixed sugar and cinnamon. Bake in a moderately hot oven 20 to 30 minutes, or until apples are soft and cake is done.

Cottage Cheese and Date Salad

Mix sufficient milk with 1/4 pound cottage cheese to soften it, and add a little salt. Arrange the cheese on lettuce leaves and sprinkle with chopped dates. Serve with French dressing made by mixing 2 tablespoons salad oil with 1 tablespoon vinegar and salt and pepper to taste.

Fruit Cup

Cut up together 3 oranges, 2 apples, and 1 banana. Sprinkle 1 tablespoon sugar over the fruit and chill before serving.

Wednesday

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Oatmeal	Broiled haddock	Corn chowder
Top milk - Sugar	Baked onions in tomato sauce	(Cereal for baby)
Toast - Butter	Baked potatoes	Egg salad
Coffee - Milk	Bread - Butter	Bread - Butter
	Milk	Tea - Milk
	Oatmeal cookies	

Broiled Haddock

1 pound haddock fillets Salt and pepper
1 tablespoon fat

Wash the fish and wipe it dry. Lay the fish skin side down on a greased shallow pan. Sprinkle with salt and pepper and dot with the fat. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Or if preferred, pan broil the fish with the fat. Serve on a hot platter and pour the drippings over the fish.

Baked Onions in Tomato Sauce

1 quart canned tomatoes	6 medium-sized onions
1 bay leaf	2 tablespoons flour
2 teaspoons salt	2 tablespoons fat
2 cloves	Pepper

Cook the tomatoes with the seasonings for 10 minutes. Blend the flour and melted fat. Add some of the tomatoes to this. Mix well and stir into the tomatoes. Skin and cut the onions in half and put them in a large baking dish. Strain the tomato sauce over them. Add more salt if needed. Cover and bake until the onions are tender, about 1 hour.

Corn Chowder

1 quart diced raw potatoes	2 cups canned corn (No. 2 can)
1 pint boiling water	1 pint milk
4 tablespoons diced salt pork	Salt and pepper
1 onion, chopped	2 tablespoons chopped parsley or celery tops

Cook the potatoes in the boiling salted water for 15 minutes. Fry the salt pork until crisp. Remove the pork and cook the onion about 2 minutes in the fat. Add the onion and corn to the potatoes. Cook until the potatoes are tender, and add the milk. Bring the mixture to the boiling point, and add the crisped salt pork, salt and pepper to taste, and chopped parsley or celery tops. Serve over toast.

Egg Salad

Remove the shells from 4 hard-cooked eggs, cut the eggs in half, and place on crisp lettuce. Serve with French dressing. (See Cottage Cheese and Date Salad, p. 4.)

Thursday

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Rice	Meat stew	Scrambled eggs
Top milk - Sugar	Bread - Butter	Baked potatoes - Stewed tomatoes
Toast - Butter	Milk	Bread - Butter
Coffee - Milk	Applesauce	Tea - Milk
		Gingerbread

Meat Stew

1-1/2 pounds meat
1 onion, chopped
1/2 pound carrots, diced
1/2 pound turnips, diced
1 pound potatoes, diced
Salt and pepper

Cut the meat into small pieces, roll it lightly in flour, and brown it with the onion in some of the meat fat. Add 1 quart of water, cover, and simmer until the meat is almost tender. Add the diced vegetables and continue the cooking until the meat and vegetables are tender. Season with salt and pepper to taste and serve hot.

Applesauce

10 apples
1 cup hot water
8 tablespoons sugar
Cinnamon
Salt

Wash the apples, remove the stem and blossom ends, and slice the apples. Add the water, cover, and cook quickly until the apples are soft. Press through a colander, add the sugar and a little cinnamon and salt. Serve hot or cold.

Scrambled Eggs

Beat 4 eggs slightly with a fork, add 4 tablespoons milk, and pour the mixture into the top of a double boiler which has been rinsed in cold water. Cook and stir until the egg is jelly-like. Season with salt and pepper to taste and serve at once.

Gingerbread

2 cups sifted flour	3/4 cup baking molasses
1/2 tablespoon ginger	3 tablespoons melted fat
1/2 tablespoon cinnamon	1 egg
1/2 teaspoon soda	1/2 cup milk
1/2 teaspoon salt	1/4 cup water

Sift the dry ingredients together twice. Add the molasses, fat, beaten egg, milk, and water. Stir until well mixed. Pour the batter into a shallow greased pan, and bake in a moderate oven about 25 minutes. Serve hot.

Friday

<u>Breakfast</u>	<u>Dinner</u>	<u>Dinner</u>
Stewed prunes	Macaroni and cheese	Vegetable plate (cereal for baby)
Whole wheat porridge	Beets	Baked stuffed potatoes
Top milk - Sugar	Lettuce and dressing	Creamed carrots - Boiled turnips
Bread - Butter	Toast - Butter	Bread - Butter
Coffee - Milk	Milk	Tea - Milk
	Left-over gingerbread	Cocoa pudding

Macaroni and Cheese

1-1/2 cups (6 ounces) macaroni broken in short pieces	2 tablespoons flour
1/8 pound cheese	2 cups milk
2 tablespoons fat	1 teaspoon salt
	1 cup bread crumbs

Wash the macaroni, cook it in boiling salted water until tender, and drain. Make a sauce of the fat, flour, milk, and salt. Add the cheese, shaved thin, and stir until melted. Mix the macaroni with the sauce, pour into a greased baking dish, cover with the crumbs, and bake in a moderate oven until brown on top.

Baked Stuffed Potatoes

Bake 5 potatoes in a moderately hot oven until tender. Cut the potatoes in half, scoop out the inside and mash. Add 1 tablespoon fat, 2 tablespoons hot milk, and 1 teaspoon salt, beat until light, and pile lightly into the potato shells. Heat in the oven until lightly browned and hot all through.

Creamed Carrots

3/4 pound carrots	1 cup milk
2 tablespoons fat	1/2 teaspoon salt
2 tablespoons flour	

Wash and scrape the carrots and cut them into strips. Cook until tender in a small quantity of boiling salted water. Make a sauce of the fat, flour, milk, and salt, pour over the carrots, and serve at once.

Cocoa Pudding

2 cups milk, scalded	4 tablespoons sugar
2 tablespoons cocoa	1/8 teaspoon salt
2-1/2 tablespoons cornstarch	Few drops vanilla

Heat the milk in a double boiler. Mix the cocoa, cornstarch, sugar, and salt together. Add the scalded milk slowly, stirring all the time. Cook in a double boiler until the mixture thickens. Cover and cook for 30 minutes. Beat well. Add the vanilla and pour into a dish, which has been rinsed in cold water and chill the pudding before serving.

Saturday

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Oatmeal	Savory beans	Creamed chipped beef
Top milk - Sugar	Baked brown bread	Boiled potatoes
Toast - Butter	Five-minute cabbage*	Carrots
Coffee - Milk	Milk - Butter	Bread - Butter
	Applesauce	Tea - Milk

Savory Beans

1-1/4 cups navy beans	1 small onion
3 tablespoons molasses	1/2 teaspoon mustard
1 tablespoon sugar	1 teaspoon salt

Wash the beans and soak them overnight in water to cover. In the morning drain, and cover with fresh water. Add the molasses, sugar, onion, mustard, and salt. Simmer until the beans are tender but not broken, adding a little hot water if necessary to keep the beans moist.

Brown Bread

3/4 cup graham flour	1/2 teaspoon salt
1/2 cup white flour	1 teaspoon soda
1/4 cup corn meal	1/2 cup molasses
	1 cup sour milk

Mix the dry ingredients, and stir in the molasses and milk. Pour into a greased bread pan and bake in a moderate oven for 45 minutes.

Creamed Chipped Beef

1/4 pound dried chipped beef	2 tablespoons flour
2 tablespoons fat	2 cups milk

Cook the beef until crisp in the fat and sprinkle with the flour and cook until lightly browned. Add the cold milk, stir rapidly until thickened, and cook a few minutes longer. Serve over boiled potatoes.

*Double the quantities given in recipe on p. 3.